

INSHAPE Indiana DNR Day

Saturday September 6, 2008

Outdoor Activities for Fitness

Activities begin at 10:00 a.m. local time, and are led by DNR staff and community leaders in many locations. Wear comfortable clothing. Bring along a filled water bottle. Participants will be eligible for a drawing for drawstring backpacks provided by the Indiana State Department of Health and Dick's Sporting Goods.

| Property | Activity | Meeting Site | Details and Other Info |
|---------------------------------|---|--|---|
| Brookville Lake - Mounds SRA | no hike due to Vietnam Memorial Moving Wall | at Whitewater Memorial | |
| Brown County State Park | Hike | Fire Tower | 1.5 miles (rugged) hillsides, some stairs, bring water, sunscreen, etc. |
| Chain O'Lakes State Park | Walk | Campground Entrance Gate | 2.5 miles (moderate), along Trail 1 & 2 |
| Charlestown State Park | Nature walk | Trail 1 Parking Lot | 2.4 miles through forest (rugged) |
| Clifty Falls State Park | Walk | Swimming Pool Bath House | 2.2 miles (moderate) upland walk through field, forest, roadside, etc. |
| Falls of the Ohio | Walk | George Rogers Clark Homesite | 3 miles (moderate) Floodwall/grass |
| Fort Harrison State Park | Walk (strollers & pets welcome) | Delaware Lake Picnic Area | 1.8 miles (easy/mod.) along paved Harrison Trace |
| Hardy Lake | Hike | Island Trail trailhead | 2 miles (easy), not accessible |
| Harmonie State Park | Walk | Campground gate house | 2 miles, paved, with a few small hills |
| Indiana Dunes State Park | Walk | Beach Pavilion | 2 miles (moderate) sand |
| Cagles Mill Lake (Lieber SRA) | Walk, with scavenger hunt | Nature Center | Flexible mileage (easy) accessible, in Picnic area |
| Lincoln State Park | Firetower Walk | Beach House | 2 miles (moderate), on packed dirt and rock |
| McCormick's Creek State Park | Hike | Nature Center | 1.5 miles (easy) accessible Trail 3 |
| (McCormick's Creek) | 5K Run/Walk | For more information, and early registration, call Owen County Family YMCA at 812-828-9622 | |
| Mississinewa Lake | Walk | Beach Shelter in Miami SRA | .5 miles (easy/moderate), on pavement, concrete, and grass |
| Monroe Lake | Walk | Nature Center Shelter House | 1.5 mile (easy) along paved road |
| Mounds State Park | Walk | Poolhouse | 2 miles (moderate), along Trails 5 & 4 |
| O'Bannon Woods State Park | Hike | Nature Center | 3 miles (moderate), Tulip Valley and Rocky Ridge hiking Trails |
| Ouabache State Park | Walk | Kunkel Lake Spillway parking lot | 2 miles (moderate) Bike Trail/Road/Trail 4, accessible to Trail 4 |
| Patoka Lake | #1 Fitness Walk | Modern Campground Shelterhouse | 2 mile (moderate) Paved Fitness Trail, with 22 fitness stations |
| (Patoka Lake) | #2 Kayak into Nature | Beach | 2 hour kayak, bring your own |
| Pokagon State Park | Walk | Inn parking lot, main entrance | 2.5 miles approx. (moderate) trail partially paved, some up hill |
| Potato Creek State Park | Walk | Nature Center | 2 miles, Trail #1(moderate) |
| (Potato Creek) | Mountain Bike Group Ride | Nature Center | 6.6 miles (beginner level) helmets required |
| Prophetstown State Park | Walk | Blazingstar Shelter | 2 miles (easy & accessible) Paved Bike Trail/Road |
| Raccoon Lake/Mansfield Mill SRA | Hike/Walk | Bluebird Shelter in William Hill | 1.5 miles (moderate) upland walk along roadside & trail 6 (archery trail) |
| Roush Lake (Little Turtle SRA) | Walk | Little Turtle Shelter #1 | 2 miles (easy) along Metekyah Trail, blacktop road and woodland |
| Salamonie Lake | Walk | Interpretive Center | 2 miles (moderate) through woodland |
| Shades State Park | Hike | Hickory Shelter | 2 hours (rugged), highlighting overlooks and waterfalls |
| Shakamak State Park | Walk | Log Cabin | 2.5 miles (moderate, not accessible) along the road |
| Spring Mill State Park | Walk | Nature Center | 1 mile (moderate) around Spring Mill Lake |
| Summit Lake | Hike | Beach parking lot | 2 miles (moderate), Trail #1, prairie grass fields (on roads if muddy) |
| Tippecanoe River State Park | Walk | River Shelter Parking Lot | 2 miles |
| Turkey Run State Park | Hike | Nature Center | 2 hours (very rugged), Trails 3 & 4 (2 hr moderate hike also available) |
| Versailles State Park | Walk | Oak Grove Parking Lot | 2.25 miles (moderate), Trail 1 |
| Whitewater Memorial State Park | no hike due to Vietnam Memorial Moving Wall | | |

How to Participate

If you are a registered participant in the INShape Program, you will receive a coupon via email that grants you free admission to any state park or reservoir for one of the INShape Indiana Fitness Activities on September 6, 2008. To register as an INShape participant, sign up at www.INShape.IN.gov. Present your coupon at the entrance gate to receive free admission. Information is also available about INSHAPE Indiana at 1-800-433-0746.